

# THE CLEAR SKIN CHALLENGE

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30 days of skin tips & advice from a  
board certified dermatologist



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# Welcome to the 30 Day Clear Skin Challenge

Thank you for downloading my Clear Skin Challenge. This document contains 30 days of skin tips & advice that will help target your skin concerns and put you on a path to clear skin.

As a dermatologist, many of the skin complaints I see can be addressed with over the counter products. Some of the most common conditions that can often be treated with over the counter products include mild acne, redness, hyperpigmentation, and aging.

A solid skin care routine with products that contain the right active ingredients along with a healthy diet and lifestyle will set you up on a path to clear skin.

To follow this guide you will need to our product list for specific information for certain skin conditions.

Don't forget to take a selfie before you begin this challenge - this will help you to track progress over the next thirty days. I love when people share their progress and updates with me through social media - be sure to connect with me on Facebook or Instagram and tag me in any updates using the hashtag **#VibrantDermChallenge**. This is a great way to ask questions about the challenge too!

XOXO,  
Dr. Ip

[www.vibrantdermatology.com](http://www.vibrantdermatology.com)

# *Skin Care Products*

Before we jump into the 30 day challenge I want to introduce you to the products that will maximize the benefit you see from this challenge. We talk more about ingredients on Day 1 of the challenge.

**Acne** – Mild acne can be treated with over the counter products but you need to make sure you are using the right ingredients for the type of acne that you have. If you are here to clear your acne, you will want to start with my blog series [Cure Your Acne](#).

**Hyperpigmentation** – Most products that target brown spots and hyperpigmentation are just moisturizer. You will need a product that contains ingredients that are known to lighten skin. SPF should be your best friend.

**Redness** – The key here is to use gentle products. Stay away from harsh cleansers and exfoliators and look for products that target sensitive skin. Most people that suffer from redness need to do a little trial and error to find the products that will work best for them.

**Aging** – There are a variety of products on the market that target the signs of aging (fine lines & wrinkles) but it is important that you are using a product that contains retinol (over the counter) or you may need a stronger retinoid.

Challenge Tip: Take a selfie on Day 1 to help track progress throughout the challenge!

# Products Reference

## In the Clear - Acne

### Blackheads

(comedones, clogging)

#### AM

##### **Cleanse**

HydroPeptide Cleansing Gel

##### **Moisturizer**

SkinBar Fortified Moisturizer

##### **Sunscreen**

SkinBar Sheer SPF 50+

#### PM

##### **Cleanse**

HydroPeptide Cleansing Gel

##### **Treat**

In the Clear Exfoliating Pads

##### **Moisturizer**

SkinBar Fortified Moisturizer

### Cystic

(irritated, inflamed)

#### AM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

In the Clear Gel BPO

##### **Moisturizer**

SkinBar Fortified Moisturizer

##### **Sunscreen**

SkinBar Sheer SPF 50+

#### PM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

In the Clear Gel BPO

##### **Moisturizer**

SkinBar Fortified Moisturizer

## Acne & Hyperpigmentation

#### AM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

In the Clear Gel BPO

##### **Moisturizer**

SkinBar Fortified Moisturizer

##### **Sunscreen**

SkinBar Sheer SPF 50+

#### PM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

Skinbar Azelaic Acid 14%

##### **Moisturizer**

SkinBar Fortified Moisturizer



## Products Reference

### Illumination - Hyperpigmentation, Melasma, Sun Spots

#### AM

##### **Cleanse**

Hydropeptide Cleansing Gel

##### **Treat**

Skinbar Azelaic Acid 14%

or

Hydropeptide Luma-Pro C Serum

##### **Moisturizer**

SkinBar Fortified Moisturizer

##### **Sunscreen**

SkinBar Sheer SPF 50+ or

Hydropeptide tinted SPF

#### PM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

Skinbar Brightening Pads

##### **Moisturizer**

SkinBar Fortified Moisturizer

### Red, Red Go Away - Rosacea, Redness, Sensitive Skin

#### AM

##### **Cleanse**

Hydropeptide Cleansing Gel

##### **Treat**

Hydropeptide Soothing Serum

or

Eltraderm Calm Rebalance

##### **Moisturizer**

Vanicream Moisturizer

##### **Sunscreen**

SkinBar Sheer SPF 50+ or

Hydropeptide tinted SPF

#### PM

##### **Cleanse**

Vanicream Cleanser

##### **Treat**

Skinbar Azelaic Acid 14%

##### **Moisturizer**

Vanicream Moisturizer

# Products Reference

## Tall Drink of Water - Dry Skin

### AM & PM

#### **Cleanse**

HydroPeptide Cashmere  
Cleanser or Vanicream Cleanser

#### **Serum**

Hydropeptide Hydrostem Serum

#### **Moisturizer**

Skin Bar MD Native Collagen +  
HA Gel

#### **Treat**

(twice a week)

Hydropeptide Sleeplock  
Hydrating Overnight Mask

## Fountain of Youth - Anti-aging/Rejuvenating

### AM

#### **Cleanse**

Hydropeptide Cleansing Gel

#### **Protect**

Hydropeptide Hydrostem Serum

#### **Correct**

Skinbar Native Collagen + HA  
Gel or Eltraderm HA Serum and  
Hydropeptide Eye Authority Eye  
Cream or Hydropeptide Collagel

#### **Sunscreen**

SkinBar Sheer SPF 50+ or  
Hydropeptide Solar Defense  
tinted/non-tinted

### PM

#### **Cleanse**

Hydropeptide Cleansing Gel

#### **Correct**

Skinbar Night Renewal Cream  
or Hydropeptide Nimni Cream

#### **Protect**

Skinbar Native Collagen + HA  
Gel or Eltraderm HA Serum &  
Hydropeptide Lash Serum

#### **Moisturize**

SkinBar Fortified Moisturizer

#### **Weekly Exfoliation:**

Hydropeptide Anti Wrinkle  
Plump Kit

# 30 Day Clear Skin Challenge

|                                      |   |  |
|--------------------------------------|---|--|
| Day 1-Ingredients Matter             | } | Week 1<br>Back to Basics               |
| Day 2-Skincare Routines              |   |  |
| Day 3-The Best Way To Wash Your Face |   |  |
| Day 4-Clean Up!                      |   |  |
| Day 5-SPF Matters                    |   |  |
| Day 6-Brushing Up                    |   |  |
| Day 7-Exfoliation                    |   |  |
| Day 8-Diet Matters                   | } | Week 2<br>Clean eating<br>antioxidants |
| Day 9-The Grocery Store Challenge    |   |  |
| Day 10-Anti-oxidant Serum            |   |  |
| Day 11-Clean Eating - Salmon Burgers |   |  |
| Day 12- Smoothie Showdown            |   |  |
| Day 13- Chocolate                    | } | Week 3<br>Hydration                    |
| Day 14-Exfoliation                   |   |  |
| Day 15-Moisturizing                  |   |  |
| Day 16-Water                         |   |  |
| Day 17-Multi-masking                 |   |  |
| Day 18-Get Your Zzzz's               |   |  |
| Day 19-Antioxidant Water             |   |  |
| Day 20-De-stress Day                 | } | Week 4<br>Fitness                      |
| Day 21-Mask                          |   |  |
| Day 22-Exercising For Your Skin      |   |  |
| Day 23-Sunscreen                     |   |  |
| Day 24-Combining Fitness & Beauty    |   |  |
| Day 25-Energy Bites                  |   |  |
| Day 26-Makeup For Your Skin Type     |   |  |
| Day 27-Exfoliation - Body Edition    | } | Final<br>Wrap Up                       |
| Day 28-Caring For Your Nails         |   |  |
| Day 29-When To See A Dermatologist   |   |  |
| Day 30-Celebrate With A Selfie!      |   |  |

Ready? Turn The Page To Start The Challenge!

# *Day 1: Ingredients Matter!*

If you are putting any type of serum, medication, or OTC treatment on your face you want to make sure that the ingredients are targeting your skin concerns and providing a benefit. Product labels make many claims but don't always offer the ingredient list that will truly make a difference in your skin. It is important to limit yourself to product that will help your skin so that you don't cause additional irritation.

The products that I recommend on my website and my product list have ingredients that specifically target your skin concern. These are the same products that I recommend to my patients, and some of them I use myself! On the next page I have outlined the specific ingredients that will help target your skin concern. After reading about the ingredients, visit my website to see specific product recommendations.

**Take a look at your current skin care products and check out the ingredients listed on the next page. Are the ingredients going to help with your skin concerns? Is it time to invest in something new?**

# Day 1: Ingredients Matter!

**Acne** – Before you can begin to treat acne, it is important to know what kind of acne you have. Acne treatments are meant to be applied to your entire face and should not be used to ‘spot treat’. Additionally, it is important to continue treatment after your acne clears to prevent reoccurrence. Acne products can be very drying and if you find this to be the case reduce treatment to daily or every other day and incorporate a heavier moisturizer into your skin care routine.

- **Comedonal Acne:** Mild to moderate comedonal acne can be treated with an acne product that contains salicylic acid or retinol. If your comedonal acne is more moderate, you may want to add in a prescription retinoid in the evening.
- **Inflammatory Acne:** Benzoyl peroxide applied in the evening will treat inflammatory acne.
- **Combination Acne:** Apply In the Clear BPO in the morning and retinol at night

**Fine Lines & Wrinkles**-Apply an over the counter retinol or prescription retinoid to help reduce the signs of aging. When using a prescription retinoid, a little bit goes a very long way - a pea-sized amount should be enough for your entire face. For over the counter retinols, the same thought applies and one pump from the bottle will be enough.

**Redness** – People who suffer from facial redness usually have sensitive skin so the ‘less is more’ mindset is necessary. A soothing serum used in the morning and evening will help to reduce redness and irritation.

**Hyperpigmentation / Brown Spots** - Over the counter skin lightening treatments can help reduce the appearance of hyperpigmentation. If you suffer from hyperpigmentation, good sunscreen is essential! Many products that offer skin lightening contain Hydroquinone which some people find to be very irritating. If you find this to be the case, limit use to once daily. In my practice, I prefer to use skin brightener rather than hydroquinone. Skin brighteners contain ingredients like azelaic acid, kojic acid, licorice root, and vitamin C.

# Day 2: Skincare Routines

Whenever I start talking about skin concerns, one of my primary focuses is developing an easy to follow skincare routine that keeps skin clean, hydrated and clear. Many people over complicate their routine which makes it difficult to be consistent. Generally I like to advise that 'less is more' when it comes to skin care.

Wash your face twice a day, no more. Over-washing will strip your skin of natural oils which your body will see as a sign to produce more of. When more oil is produced, pores are more likely to become clogged. In some cases, people with excessively dry skin will only need to wash their face once daily. In this case I recommend an evening wash followed by a splash of lukewarm water in the morning.

After you wash, apply serums and treatment followed by moisturizer (with SPF in the morning). If you have multiple medications, serums, and treatments that you are combining things can get a little complicated. Check out this article on [Layering Your Skin Care Products](#) for some helpful tips.

Layer It On.

**Review your skincare products and then come up with a morning & evening routine. Write it down and tape it to the mirror!**

# Day 3: The Correct Way to Wash Your Face

There is a right and wrong way to wash your face! Proper face washing is just as important as a clean face.

- A clean face starts with clean hands – wash your hands first.
- Use lukewarm water. If the water is too hot or too cold you could end up with broken capillaries on your face, which will leave your face red.
- Wash twice a day and no more. If you over wash and strip your skin of natural oils your body will start producing more oil and pores will be more likely to become clogged.
- If you have excessively dry skin, try washing once daily. I would recommend washing once in the evening and then splash your face with lukewarm water in the morning.
- Avoid abrasive face towels and keep Clarisonic brushes to a minimum (over-exfoliation will cause irritation which will cause your skin to break out).
- Don't rush. After a long day I know how tempting it can be to rush through your evening routine. Your face requires gentle action and you should take your time to work in the product and to rinse well. When you have finished with a thorough cleanse and rinse, pat dry with a soft towel.

**Incorporate these 'wash your face' tips into your daily routines. Focus on using gentle strokes and really cleansing your skin.**



# Day 4: Clean Up

Every product has a lifespan and it is important to toss a product when it has reached the end of that lifespan. Over time the ingredients will begin to break down which means they are no longer very effective. Also, bacteria will begin to grow in the product which could actually do damage to your skin.

General guidelines to discarding products:

•Anytime you notice a change in smell or consistency, toss immediately

Cleanser

Serum

Moisturizer

Sunscreen

Acne treatment

Natural Product

Makeup:

- Eye product

- Liquid foundations

- Face powder & blush/bronzer

- Lip products

1 year

6 to 12 months (check the label, some ingredients may be very unstable)

1 year

1 year after opening - refer to date on label for unopened product

2 years unless labeled otherwise

Generally do not contain

preservatives and will need to be tossed sooner than non-natural products.

Toss immediately if you have had an.

infection, otherwise:mascara-6

months; eye pencils - 1 to 2 years;

eye shadow - up to 4 years with regular brush washing

6 to 12 months

2 to 3 years with regular brush washing up to 2 years but toss

immediately after any infections.

**Get cleaning! Toss anything that is past its prime.**





# Day 5: SPF Matters

One of the most important elements of a good skin care routine is sunscreen. UV rays are known to do two things to our skin: cause wrinkles and skin cancer. Investing in a good quality sunscreen and being smart about sun safety will go a very long way in protecting your skin. I suggest using a daily moisturizer in the morning that contains SPF 30 (bump this up to 50 in the summer) and then reapply throughout the day.

Hydropeptide makes great mineral tinted and non-tinted sunscreens. They are a favorite in our office.

If you have skin of color, my favorite sunscreen is our Skin Bar MD mineral SPF. It's one of the few mineral sunscreens that doesn't leave grey appearance to the skin. All you have to do is mix it with your moisturizer and apply.

**Get in the habit of using sunscreen daily and be smart about sun safety. Be sure to wash well after using sunscreen to keep pores clean.**

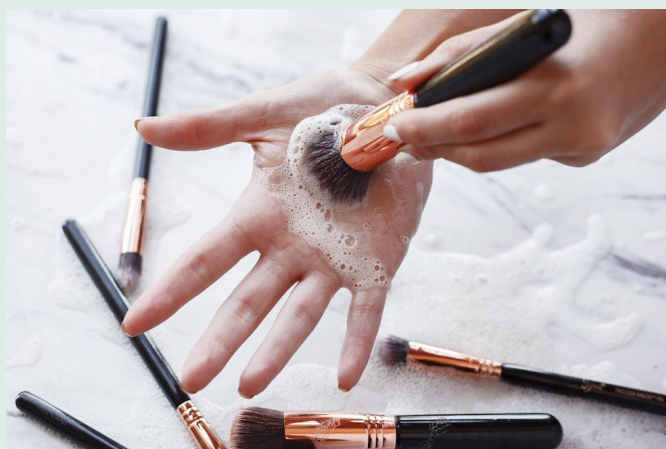


# Day 6: Makeup Brushes

We invest so much money in makeup and brushes and then often forget to take care of them as we should. Makeup brushes can get pretty gross - makeup builds up but so does bacteria which can lead to inflammatory acne folliculitis. Today, we're cleaning things up!

There are plenty of products on the market that help clean brushes but I find that warm water and baby soap works really well. Make sure that you lay them on a towel to dry completely before storing. Brushes should be cleaned at least once per month, more frequently if you are using them to apply foundation and concealer.

**Clean your brushes! Moisten brush with warm water, massage a small amount of baby soap into bristles and then rinse well. Lay flat on a towel to dry.**



# Day 7: Exfoliation

I am a big believer in exfoliating once a week and I have gotten into the habit of incorporating an exfoliation routine during the weekend when I have a little extra time.

Exfoliation is important year round as it sloughs off dead skin cells which helps to soften skin, brighten your complexion and reduce breakouts.

There are a variety of exfoliates on the market that are broken into two different types: Chemical and Physical. A chemical exfoliate contains an acid or an enzyme and loosens the bonds that hold dead cell's on the skins surface. A physical exfoliate uses an abrasive ingredient to slough off skin cells. If you struggle with acne, I personally recommend a chemical exfoliate as physical exfoliate are often too abrasive and cause irritation. My personal favorite is the:

Hydropeptide Polish & Peel Kit

**Exfoliate today. If you don't have a product to use, try this combo below that you can make in your kitchen. Oats will help to dissolve oil as well as loosen dirt and makeup from your pores. The lactic acid in yogurt will also loosen dead cells and unclog pores.**

- 1/4 cup rolled oats (not instant oatmeal)
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 2 tsp honey
- 1 tbs plain yogurt



Recipe source: Feed Your Face - Dr. Jessica Wu

# Day 8: Diet Matters

When you incorporate the right antioxidants into your diet and skin care routine, they can have a great effect on your skin. Antioxidants are nutrients and enzymes that provide support to your body's tissue. They can both prevent and help to repair damage to tissue. Antioxidants work by slowing down the effects of free radicals which start oxidation (oxidation is the process that causes damage from oxygen). When you consistently replenish the supply of antioxidants, you are effectively helping to minimize and repair damage to skin cells.

There are dozens of antioxidants that are known to benefit the skin, some are very effective when ingested orally while others work better when applied topically. Today I want to focus on the antioxidants that work from the inside out - the ones that you should be eating on a regular basis to help fight the signs of aging. A few good examples of anti-oxidant rich foods are below.

**Mango** - loaded with Vitamins A and C which work together to brighten skin and promote cell turnover.

**Tomatoes** - High levels of lycopene found in cooked tomatoes (tomato-based soups and stews) are a natural UV blocker.

**Strawberries** - Vitamin C works to brighten skin

**Red Peppers** - Also full of Vitamin C, these will help to promote radiance and protects the moisture barrier to keep skin hydrated.

**Blackberries** - Full of flavonoids which help strengthen connective tissue.

**Soy** - Hyaluronic acid attracts moisture and keeps skin looking plump.

**Grapes** - An anti-inflammatory that will help calm redness and soothe your skin.

Check out this blog post [Eat Your Way To Gorgeous Skin](#) for more tips on healthy eating for your skin.

Many foods can contribute to skin inflammation which results in acne. Read more about these foods on my blog [Acne: Is Your Diet Making It Worse?](#). If you suffer from inflammatory acne and treatment has not been effective I would suggest that you start modifying your diet to eliminate common acne triggers (dairy and sugar are two of the big ones). Also, by loading your diet with more zinc-rich foods (lean red meat, lentils, kidney beans, and raw oysters) and Omega-3s (salmon, mackerel, tuna, walnuts and almonds), you will be helping to fight inflammation and acne-causing bacteria.

**This week I want you to focus on incorporating foods that are going to help you glow from the inside out. See if you can incorporate something from the list above into at least two meals each day. Over time, this will become habit!**

# Day 9: The Grocery Store

Today we're heading to the grocery store. I'm sure you've heard this 100 times before, but it is so true: shopping in the outer aisles of the grocery store is best for your overall health. Well, the same is true for your skin! Focus on incorporating clean, whole foods into your diet and your skin will benefit. Save the grocery list I've created below to help you during your next trip to the grocery store.

**The next time you are at the grocery store, focus on building meals that are sourced from products found in the outer aisles of the grocery store.**



## Clear Skin Grocery List



### Produce

- sweet potatoes
- bell pepper
- edamame
- cucumber
- carrots
- broccoli
- dark leafy greens
- zucchini
- avocado

### Nuts & Snacks

- almond butter
- raw nuts (almonds, cashews, walnuts, pecans)
- dried fruit (raisins, mangoes, cranberries, cherries)

### Fruits

- bananas
- apples
- citrus (orange, lemon)
- berries
- melon
- grapes
- kiwi
- pears

### Dairy & Eggs

- milk
- almond, soy, coconut milk
- cheese
- greek yogurt
- eggs

### Meat & Protein

- skinless chicken or turkey breasts
- ground turkey or chicken
- salmon, halibut, trout, mackerel
- veggie burgers
- beans (black, garbanzo, kidney, pinto)

### Grain & Cereal

- wheat crackers
- whole wheat bread
- oatmeal
- brown rice
- flax seeds

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# Day 10: Antioxidant Serums

There are some nutrients that offer fantastic benefits for your skin that are more effective when applied topically and this is where an antioxidant serum comes into play. A serum is a light liquid that absorbs quickly and offers a powerful dose of ingredients.

Choosing a serum can be an overwhelming process as there are choices to target every skin concern. Look for the following ingredients in a serum: vitamin c, green tea, vitamin e, pomegranate, phloretin, and white tea. Many serums also contain acids that can help your skin and treat specific concerns. To understand how acids can help your skin, check out this blog: [Acids - the benefits for your skin](#). When incorporating a serum:

- After cleansing your face, use a pea-sized amount of serum and gently apply to your skin.
- A serum doesn't always replace your regular moisturizer so if you need additional hydration, apply your normal moisturizer after your serum.
- Serums can run on the pricier end of skin care products because they contain high concentrations of active ingredients. Too pricey for you? Try using the serum only in the am or pm only.

**Are you ready to incorporate an antioxidant serum into your routine? Check out my favorites on our product list.**

# Day 11: Salmon Burgers

Salmon contains Omega-3 fatty acids which reduce inflammation and signs of aging in the body. The 'good fat' in salmon will help to repair damage from the sun and help to keep your skin healthy and soft by assisting with hydration of the cell membranes. This recipe is one of my favorites!

**Ingredients:** 2 Skinless Salmon Fillets; 1 Clove Garlic (peel & mince into paste); 1/2 Shallot (peel & mince); 1 Small Bunch Oregano (discard stems & finely chop); 1/4 cup Panko Breadcrumbs

Finely chop salmon and place in large bowl. Add remaining ingredients and a drizzle of olive oil. Season with salt & pepper. Mix well and form 2 1/2 inch thick burgers. In a medium pan, heat 2 tsp olive oil on medium-high heat. Add the burgers and cook 3 to 4 minutes each side. Pair with homemade sweet potato fries & a spinach and berry salad.

**Try out this recipe. If you don't like fish you should consider taking a fish oil supplement or use flaxseeds in your smoothies or salads.**



# Day 12: Smoothies

One way that I incorporate a lot of nutrients early into my day is to start the morning with a smoothie. It's so easy to blend up a mix of fruits, veggies and protein and often I find this is a tasty way to eat things that I might otherwise avoid. Below you can find my favorite smoothie recipe.

1 cup mixed berries  
1 cup greens  
2 Tbsp ground flaxseed  
2 scoops Vega  
protein powder  
Ice if desired



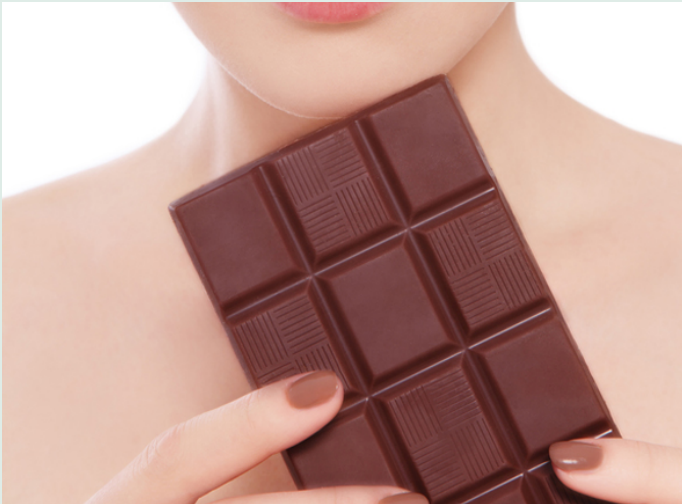
**Today we're having a smoothie show down! Using only ingredients you have in your kitchen, mix up the best smoothie? Post a photo to social media and tag me!**



# Day 13: Chocolate

Who doesn't love chocolate? Did you know that chocolate does offer some benefits - as long as you are enjoying the right kind of chocolate! Dark chocolate contains flavonols that help your skin look great. Flavonols are an antioxidant that helps your skin protect itself from UV damage, increase blood flow, and fight free radicals. Choose a dark chocolate with 70 percent or more cocoa content. Enjoy one square in the afternoon or as your dessert -too much and you will be getting too many extra calories.

**Enjoy a square of dark chocolate (70% cocoa or higher) today! Enjoy the treat while knowing you're helping your skin!**



# Day 14: Exfoliation

If you remember back to Day 7 last week, we had an exfoliation day. Here we are, at the end of the week, ready to exfoliate again!

Exfoliation is an important step in your skin care routine because it helps to slough away dead skin cells and will help to keep your skin looking smooth. Some people like to exfoliate two times a week while others can only tolerate bi-weekly exfoliation. If you have sensitive skin, try exfoliating with a chemical product instead of a physical (abrasive) product.

**Exfoliate today. Try using a chemical product - check out some of my favorites on the product reference list!**



# Day 15: Moisturizers

Welcome to week 3 of the Clear Skin Challenge. Hopefully you have been following along with me and are building a foundation of routines that will set you on a path to clear skin. A key element to any skincare routine is hydration. This week is going to be all about hydration.

Skin hydration refers to the amount of fluid present in the skin at the cellular level and adequate hydration ensures normal skin function. When our bodies are dehydrated, skin cells breakdown and are left vulnerable to environmental stresses. Hydrated skin looks and feels healthier! There are a number of skin disorders that can be exacerbated by dry skin, and acne is one of these. When skin is not properly hydrated, hair follicles become blocked and bacteria can accumulate which will lead to acne.

When choosing a moisturizer, I recommend sticking to the following:

- Fragrance free - this will ensure minimal ingredients and is especially important for those with sensitive skin.
- Texture - look for a moisturizer that is smooth and easy to apply, something that will hydrate but not feel too heavy or greasy. If a moisturizer causes you to break out or causes any kind of burning or irritation it is not a good fit and you should find a product that is gentler. In the morning be sure to incorporate a moisturizer that contains SPF.

Morning: SkinBarMD Tall Drink of Water with SkinbarMD Fountain of Youth SPF or Hydropeptide SPF

Evening: SkinBarMD Tall Drink of Water or Vanicream

Tip: Often moisturizers that contain sunscreen have SPF's that are too low to give you the protection you need. We recommend that you create your own moisturizer with sunscreen by mixing a dollop of your sunscreen into your moisturizer.

**Moisturize 2 times every day - in the morning and in the evening.**

# Day 16: Water

Another key element of hydration is making sure that you drink enough water. If your skin is not getting enough water, the lack of hydration will present itself by turning your skin dry, tight, and flaky. A good moisturizing routine is not enough on its own – you also need to hydrate from the inside with water.

Water intake is something you should focus on daily – and after a few weeks of consistency you should begin to notice some changes in the dryness and appearance of your skin.

**Eight glasses in one day is a good start but to determine a more accurate amount for your size, take your weight and divide in half and then drink that many ounces during the day.**



A Tip From Dr. Ip:  
“I personally carry around a mason jar filled with water and lemon. I fill the jar every time it starts getting low and drink from this all day long.”

# Day 17: Multi-Masking

A recent trend in the beauty world, multimasking is the process of arranging different treatments on your skin to target your skin concerns at the same time. If you have a solid skin care routine that you follow religiously and are generally healthy then a mask may not offer enough benefits to justify the process for you. However, I find that many people get off track with products, routines, and healthy lifestyles often and this is where a mask can be beneficial. A mask is not a fix-it-all solution to lacking routines but will aid in the overall health of your skin when used correctly. Many people enjoy masking because it's like a spa facial right at home!

Today's challenge is to help prepare you for a masking day later this week. I want to make sure that you have the knowledge and products on hand to apply a mask on Day 21 of this challenge - we will incorporate a healing mask into your routine later this week.

Check out the masks that I recommend on my products page and purchase one to use later in the challenge.

Or try making your own: Combine 1/2 of an avocado (mash well) with 1 Tbsp of organic honey and 1 Tbsp plain yogurt until mostly smooth. Spread a thick layer onto clean skin and let sit for 10-15 minutes. Remove with a warm, wet cloth and follow with a good moisturizer. Avocados are great for moisturizing skin while the yogurt acts as a gentle exfoliant and the honey acts as a natural humectant. If skin is not properly hydrated, hair follicles become blocked and bacteria can accumulate which will lead to acne.

**In a few days we are going to be masking and so I want you to determine the products or ingredients that you will use for your mask and make sure you have them on hand.**



Read More About  
Multi-masking:  
If You're Not a Multi-  
Masker, Your Skin  
Might Really Be  
Missing Out

# Day 18: Get your Zzz's

One thing that can derail your perfect skin quick is a lack of sleep. The term 'Beauty Sleep' actually has some truth to it! When we sleep, our skin gets to work repairing itself by producing new collagen which prevents sagging. Your body will also boost blood flow to the skin while you sleep, which helps with your healthy glow. Additionally, when we don't get enough sleep our eyes tend to be dark and puffy, which is caused by blood pooling under the eye area.

As a 'mommydoc' with a very busy schedule, I know that it isn't always possible to get eight hours of sleep every single night. Even when I try, it is almost guaranteed that somebody in my family will disrupt the plan. Today I'm sharing a secret to help reduce red, swollen eyes when you've been up too late the night before: Soy Milk. Soy helps to reduce swelling and the proteins help to hydrate your skin. Apply it cold for the most benefit - the coolness will help shrink swollen under-eye tissue. To apply, dip two cotton balls into a small cup of cold soy milk. Squeeze out the excess milk and then lie down and hold cotton balls over your eyes for five minutes.

**Aim for about 7-9 hours of sleep every night! If you can't, give my soy milk remedy a try!**

# Day 19: Antioxidant Water

Last week was all about antioxidants and today we're going to combine antioxidants with hydration. I have a habit of using a mason jar to drink my water and you will almost always find some fruit floating in my mason jar. This has two benefits. First, I drink a lot more water when it has a nice, refreshing flavor. Second, adding fresh fruit to water is a great way boost the antioxidants I'm taking in.

One of my favorite recipes:

In a pitcher, combine about 10 cups of water, 1 thinly sliced cucumber, 1 thinly sliced lemon, 1/4 cup finely chopped basil leaf and 1/3 cup finely chopped mint leaves. The longer you leave this to sit (in the fridge), the stronger your flavor will be. Drink throughout the day.

**Mix up a batch of antioxidant water and enjoy throughout the day. Join me on Facebook and Instagram to let me know what antioxidants you enjoyed in your water today.**



# Day 20: De-Stress Day

Just like a lack of sleep can have a negative impact on your skin, so can stress! There is a connection between the mind and the skin and emotions can be expressed through the skin. When you are tense, your body releases stress hormones including cortisol, which may increase the skin's oil production, making you prone to pimples. Eczema can flare up when stress hits, as well as hives, rosacea and many other conditions.

Today I want to help you to relax just a little so we're going to dedicate Day 20 of this challenge to de-stressing. Personally, when I'm feeling really overwhelmed I find that spending some time alone with calming music to be very relaxing and this will often help me to clear my mind so that I can approach tasks with an open, free mind.

**Sometime this weekend take 30-60 minutes just for YOU. Find a quiet space, dim the lights, and light a candle. Take a bath, read a book, just relax!**





# Day 21: Mask Day

A few days ago (day 17 of the challenge) we talked about multimasking and I offered up some product recommendations and DIY mask options for home use. Today we're putting that information to work and having a masking day. Take some time today to apply your mask and enjoy the benefits!

- Wash face with a gentle cleanser
- Apply mask according to directions (usually a thin layer is enough)
- Rinse off after 15-20 minutes with warm water and a soft cloth
- Moisturize well after masking

**Apply a mask today**



# Day 22: Exercising For Your Skin

We all know how much exercise benefits our body but there are also many benefits for the skin! When you increase your heart rate and sweat, pores open and toxins are released. Increased blood flow improves circulation and provides delivery of more nutrients throughout your body. This week we are going to be focusing on using exercise to help boost our glow.

A few healthy-skin tips for when you exercise:

- Remove makeup before you exercise. Once your pores open and you begin to sweat, makeup will mix with your sweat and oil and clog those open pores.
- After your workout, strip off your sweaty clothes and be sure to wash your face to remove all of the toxins and sweat. I know how comfortable yoga pants can be but it is important to remove sweaty clothing after your workout and to wear something that is a bit looser fitting for daily activities. I've seen women for cases of folliculitis (inflammation of the hair follicle), yeast infections, intertrigo (a rash that shows up in the folds of your body when skin is moist and becomes irritated), and of course, acne. Many times this is related to overly tight clothing.
- Don't forget to stay hydrated while exercising. Drink plenty of water and moisturize well after cleansing your skin.

**Incorporate 30 minutes of cardio exercise into your schedule at least 3x this week. I prefer to get my sweat on at boot camp but also find a walk (or jog) outside to be refreshing. Or you can always search for exercise videos on YouTube - tons of free options out there! Get moving!**

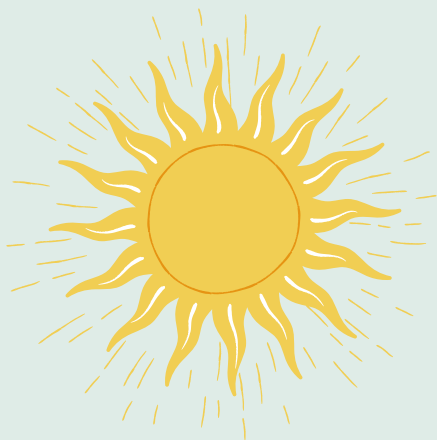


# Day 23: Sunscreen

Since I know so many people choose to exercise outside, I thought this would be a good time to talk about sunscreen. By now, I'm sure you know that sunscreen reduces your risk of skin cancer and also helps to prevent wrinkles, dark spots, and other signs of aging. Sunscreen should be a constant part of your skin care routine and should always be used when exercising outdoors.

- Apply 15 - 30 minutes before heading outside so that it has time to absorb and start working.
- Don't forget about your lips - look for a lip balm with SPF.
- Pay attention to your hands, back of neck, ears, and hairline - these places are often missed!
- Use a water-resistant sunscreen when exercising outdoors, otherwise you will sweat it right off.
- Every Day! Even on cloudy days there can be about 80 percent of UV rays coming through.
- You can find out my top sunscreen picks on the blog.

**SPF, all day, every day. Use a daily lotion that has SPF (minimum of 30, up to 50 in the summer). If you are heading outdoors to exercise, apply an extra layer of sunscreen - don't forget to reapply!**



# Day 24: Combining Fitness & Beauty

This is one of my favorite topics. I happen to love exercising but find that there aren't always enough hours in the day to fit everything in. Have you ever considered multitasking at the gym? Ok, I probably wouldn't show up to yoga class with a sheet mask on my face - but I have been known to lather up with foot cream before hopping on the treadmill for a run! Check out the article below for more ideas on how you can combine your fitness and beauty routines.

[Brilliant Ways to Combine Your Fitness and Beauty Routines](#)

**Check out the article I linked to above and then incorporate some multitasking while you exercise this week!**



# Day 25: Energy Bites

After a good sweat session, your body needs fuel. I find that I'm often famished after working out and a simple salad just won't cut it. These energy bites are easy to make and I find they are the perfect little snack to hold me over until mealtime.

- 1 cup Oatmeal, dry
- 1/3 cup Honey or Agave Nectar
- 1/2 cup Peanut Butter
- 1/2 cup dark chocolate chips
- 1 tsp Vanilla Extract
- 1 Tbsp Chia seeds
- 2/3 cup coconut flakes (toasted)
- 1/2 cup Flax Seed (ground)

Combine all ingredients and then put mixture into the fridge for 10-20 minutes. Roll into approximately 1 inch balls. Store in airtight container in fridge for up to 1 week.

**Mix up a batch of these energy bites and enjoy one or two after your next workout!**



# Day 26: Makeup for Your Skin Type

We are nearing the end of this challenge and now that we've spent so much time working on clearing our skin we are going to focus on the products that will help to boost our glow. I'm by no means a makeup artist but have learned a few tricks that will help you to select the best kinds of makeup for your skin concerns.

When it comes to makeup, it is important to choose products that are going to offer benefits to your skin and not point out any obvious flaws. What worked for you in your 20's probably will not work in your 30's so you should be continuously updating your products to best showcase your skin. Don't forget to wash your makeup off every single night!

- We already talked about keeping makeup brushes clean but if you struggle with breakouts this is even more important. Not only does this help to reduce the amount of bacteria but it also makes it easier to blend your makeup.
- Apply light layers of makeup and allow it to set before applying the next one. This prevents irritation. Also avoid thick, or solid makeup products as the ingredients in these products tend to be bad for breakout-prone skin.
- If you do have pimples or zits to cover up, look for mattifying products that will hide the blemish well. Illuminators and brightening products will attract attention to a blemish.

**Treat yourself to a makeup consultation. Once a year I like to visit a makeup counter and book a consultation where they show me the latest colors and products that work for my skin type. Ulta Beauty, Sephora and many department stores offer this service.**

# Day 27: Exfoliation - The Body Editions

The past few weeks we have taken time out to exfoliate our faces. This week we are going to exfoliate the rest of our body. Facial skin is not the only place where dead skin cells accumulate. They can accumulate all over your body. By exfoliating the rest of your body you will help to remove these dead skin cells leaving your skin looking soft and smooth. The skin on your body is thicker than the skin on your face and can usually withstand a physical exfoliant quite well. One of my favorite combinations includes 1 cup sugar, 1/2 cup olive oil and ground ginger. Mix ingredients well and then rub onto arms and legs in a circular motion. Pay extra attention to heels, knees and elbows. Rinse well after application.

**Try exfoliating more than just your face today! I guarantee your legs will feel amazing afterwards.**



1cup sugar-1/2 cup olive oil-ground ginger  
Rub on legs in circular motion, paying attention  
to heels and knees. Rinse well



# Day 28: Caring for Your Nails

We're closing out week 4 with a fun challenge item - manicures!! Personally, I love a good manicure. Some of my top tips for caring for your nails:

- Apply moisturizer to your nails, especially after removing nail polish since most removers contain chemicals that will dry your nails.
- Keep cuticle care to a minimum to help prevent infection - no cutting and only gently push them back if you must.
- Another infection prevention tip - shave after your pedicure, never before! If you nick yourself while shaving, a pedicure increases your risk for infection.
- If you enjoy gel manicures, read my article about exposure to UV light and consider using polish that does not require UV light to harden.

**Treat yourself to a manicure! Can't get to the salon, try an at home version by removing all nail polish and soaking hands for 5-10 minutes in warm water. Gently file nails and then apply a thick coat of moisturizer and massage into nails and hands.**



A tip from Dr. Ip:  
Dazzle Dry & Vinyl  
Luxe nail polish offer  
long lasting results  
without exposure to  
UV light



# Day 29: When to See a Dermatologist

The challenge is almost finished and I think it is important to talk about what to do if you haven't seen improvements in your skin. First, I want you to remember that change takes time. These thirty days of skin tips were designed to teach you about healthy skin habits and products for your skin type so that you can incorporate these into your daily routines. With consistent application of these skin tips and use of the right products you will generally start to see results in about four weeks, with the full effect seen in about 8 to 10 weeks. If you need to refresh yourself on which products are best for your skin concern, visit the product recommendations page on my website. My experience with treating acne on myself and my patients is that you need to have some patience. When you incorporate a new products with Salicylic Acid or Benzoyl Peroxide you may have some initial irritation which will subside over time.

Current blemishes should fade pretty quickly once you start treatment but it's not uncommon for it to take eight weeks or longer for all acne to fade. If you have been consistently following the product recommendations and are not seeing any results please consult a dermatologist. Sometimes hormones cause acne to develop and in this case a hormonal treatment would be required.

**Schedule an annual skin check  
where your dermatologist will  
look for any suspicious moles or  
spots - bring up any skin concerns  
during this appointment!**

<https://vibrantdermatology.com/contact/>



# Day 30: Congratulations!

It's day 30!!

Thank you for taking this journey with me. It's been fun putting this challenge together and hearing from many of you with your questions, comments, and successes. Today I want you to take an after photo and then compare to your before photo from Day 1. Often it is hard to see changes in your skin just looking in the mirror but a side-by-side comparison will make even subtle changes obvious. Remember that changes do often take 2 - 3 months to see complete results and by following the routines laid out in this challenge you will be on the path to clear skin!

I'm putting together some special prize packs to award challenge participants. To be entered to win one of these, I need to see your before and after photos. Email them to me at [info@vibrantdermatology.com](mailto:info@vibrantdermatology.com) to be entered to win. Please feel free to include any feedback that you have about this challenge.

**Take an after photo. Send your before & after photos to me at [info@vibrantdermatology.com](mailto:info@vibrantdermatology.com).**



# Questions or Concerns?

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